

PARENTS

The flu can make
your children
sick enough to
miss school,
activities, or even
be hospitalized.

Rarely, even
healthy children
can die from flu
complications.

Getting the flu shot
protects yourself
and your family.

protect *yourself.*
protect *your family.*
prevent the flu.

www.scdhec.gov/flu
1-800-868-0404

D H E C



PROMOTE



PROTECT



PROSPER

South Carolina Department of Health
and Environmental Control



The Carolinas Center
for Medical Excellence

Improving health care quality since 1983

The Flu Can Make You Sick.

Fight the flu with these steps every day.

Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.



Wash hands often with soap and water.



Stay away from people who are sick.



Don't touch your eyes, nose, and mouth. Germs can spread this way.



Let's fight the flu TODAY!